

HOURS OF OPERATION

M-F 8 am-4:30 pm, Sa 10 am-4 pm

SPECIAL EVENTS (Schedule subject to change)

• MONDAY NIGHT FOOTBALL

Monday, Nov. 2, 9, 16, 23, 5 pm; Snack Stand Avail. \$

• MONARCH HEALTH CARE- Info. Table in Lobby

Tuesday, Nov. 3, 10-11 am

• HUMANA Information Table in Lobby

Wednesday, Nov. 4 & Friday, Nov. 13, 10-11 am

• CAREMORE- HAIRCUTS in the Lobby

Thursday, Nov. 5, & Tuesday, Nov. 24, 10 am- 12 pm

• FALL LEAF PAINTING CRAFT

Friday, Nov. 6, 10-11 am

• LINCOLN HERITAGE LIFE INSURANCE- in Lobby

Monday, Nov. 9, 10 am-12 pm

• "LONG BEACH: THE MUSICAL"-Prime Time Players

Monday, Nov. 9 & Friday, Nov. 20, 1 - 2:30 pm

• RENEW BEHAVIOIRAL HEALTH- Memory Screening

Tuesday, Nov. 10, 10 am-12 pm

• DAY TRIPPIN' to Natural History Museum-Exhibit

"Mummies: New Secrets from the Tomb" \$20 p.p.

Tuesday, Nov. 10, 9 am to 5 pm apprx. Lobby by 8:45 am

• SCAN- Diabetes Awareness & Screening

Wednesday, Nov. 11, 10 -11 am

• VETERANS DAY MOMENT OF SILENCE & HONOR

Wednesday, Nov. 11, 11:45 am

• COOKING DEMO-L.B. Health Dept., Comm. Hlth.

Thursday, Nov. 12, 10 -11 am

• CULTURAL FOOD CLASS

Tuesday, Nov. 17, 10 am-12 pm

• THANKSGIVING CUPCAKE CLASS

Monday, Nov. 23, 10 am-12 pm

• SENIOR CENTER THANKSGIVING CELEBRATION

Wednesday, Nov. 26, 10 am - 2 pm

• THANKSGIVING DAY LUNCHEON- Pick up your free ticket in the I,R & A Office (Room 107).

Thursday, Nov. 27, 11am - 12:30 pm

DAILY ACTIVITIES

\$= Nominal Fee

Monday-Friday

8 am-2 pm Friendly Cup Café open to all ages \$
8 am-4 pm Fitness Gym Open-Mon., Tues., Wed., till 7 pm
8 am-4:30 pm Billiards (Mon. till 7 pm), Table Tennis & Cards
9 am-3 pm Weaving
10 am-12 pm Open Computer Lab & Tech Time
10 am-2 pm Gift & Thrift Shop Open/Library Open
12 pm H.S.A. Senior Lunch \$

Monday-Wednesday

2-9 pm Computer Classes \$
7-11 pm Round Dance Class (Int. & Adv.) \$

Every Tuesday

9-11:30 am Cal Fresh Representative
10-11 am Tai Chi- Moving for Better Balance
6:15-7:15 pm ZUMBA Gold Class \$

Every Thursday

9:30 am HICAP Representative by Appointment

Saturday

10 am-2 pm Fitness Room Open

City of Long Beach Department of Parks, Recreation & Marine, Community Recreation Services

November 2015

Autumn in Long Beach



Long Beach Senior Center

The Place Where Fun Begins!

1150 E. 4th Street, Long Beach, CA 90802 (562) 570-3500



The staff at Long Beach Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older participating in senior programming.

	MON	TUE	WED	THU	FRI	SAT
AH, THE WONDERS OF THE FALL SEASON						
ARE YOU READY FOR SOME FOOTBALL?	8 Wood Carving 2 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 3 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along 1:30 Sign Language	8 Brown Bag 4 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 5 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 12 Beg. Weaving 1 Tai Chi	9 Tap Dnc Class 6 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer.	10 Weaving 7 11 Bingo 11:30 ZUMBA Gold \$ 1 Lapidary
A GRATEFUL NATION SAYS, "THANK YOU!"	8 Wood Carving 9 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 10 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along 1:30 Sign Language	8 Wood Carving 11 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 12 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 11 Senior Striders 12 Beg. Weaving 1 Tai Chi 1 Karaoke Cafe	9 Tap Dnc Class 13 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer	9:30 OC Food Bank 14 10 Weaving 11 Bingo 11:30 ZUMBA Gold \$ 12 Red Hat Society Mtg. 1 Round Dance Clinic \$ 1 Lapidary
COME SEE THE SHOW!!	8 Wood Carving 16 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 17 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along 1:30 Sign Language	8 Brown Bag 18 8 Wood Carving 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 1 Moving Easy Exercise	8 Senior Striders 19 8:30 Meditation in Motion 9 Drawing & Painting 9:30 Stretch n' Flex 10 Sewing 10 Senior Striders 12 Beg. Weaving 1 Tai Chi 1 Karaoke Cafe	9 Tap Dnc Class 20 9 Reading Group 9:30 Body Works 10 Lapidary 1 Moving Easy Exer.	10 Weaving 21 11 Bingo 11:30 Filipino/Amer. Dance 11:30 ZUMBA Gold \$ 1 Lapidary
WHAT ARE YOU THANKFUL FOR?	8 Wood Carving 23 9:30 Body Works 10 Sewing 1 Wii Bowling 1 Moving Easy Exercise 2 Sudoku Class 5 Karaoke Cafe 7 Courage to Change	8 Senior Striders 24 8:30 Meditation in Motion 9:30 Stretch n' Flex 10 Flower Making 101 10 Sewing 1 Social Dnc Class \$ 1 Tai Chi 1 Sing Along 1:30 Sign Language	8 Wood Carving 25 9 Variety Band 9 Knit & Crochet 9:30 Body Works 10:30 Chair Aerobics 11:30 Beg. Spanish 6:30 NABA Meeting	26  27	27 10 Weaving 28 11 Bingo 11:30 ZUMBA Gold \$ 1 Lapidary	

HAPPY THANKSGIVING!